

# MONTANA WIC PROGRAM APPROVED FOODS

## WIC Encourages Breastfeeding

### INFANT FORMULA — AS SPECIFIED ON THE WIC CHECK

#### MILK — PASTEURIZED AND FORTIFIED

ANY BRAND:	BRAND SPECIFIC:
Nonfat, Skim (including Skim Delite, Skim Deluxe and Skim Supreme), Reduced Fat, Whole*	Lactose Reduced Milk*—Albertson's, Lactaid, Organic Valley, or Viva
Sweet Acidophilus*	Organic—Horizon, Organic Valley, or <u>Safeway</u>
Evaporated (skim, reduced fat or whole)*	Goat's Milk (canned)*—Meyenberg
Nonfat Dry*	

*\*Only if specified on the WIC check*

#### NO CHOCOLATE, FLAVORED OR CALCIUM ADDED

### CHEESE — DOMESTIC — 16 OZ PKGS. OR LESS—ONLY THESE TYPES (REGULAR, LOW FAT OR REDUCED FAT) MAY BE ORGANIC

#### ONLY THESE TYPES, MAY BE REGULAR, LOW FAT OR REDUCED FAT:

American (Kraft - blue box)	Colby-Monterey Jack	Monterey Jack
Cheddar	Mozzarella (whole or part skim)	Swiss
Colby		

NO RAW MILK, FAT-FREE or NON-FAT CHEESE PRODUCTS  
NO CUBED, GRATED, SHREDDED, SLICED, STICK, STRING, FLAVOR ADDED, IMPORTED, SERVICE DELI OR IMITATION CHEESE PRODUCTS  
NO CHEESE FOOD OR SPREAD. NO INDIVIDUALLY WRAPPED SLICES.

#### EGGS — LARGE

"AA" or "A", White or Brown or Organic Valley, Dozen

### INFANT CEREAL — IRON FORTIFIED — NO FORMULA, FLAVORINGS OR FRUIT ADDED, CANS, JARS, OR PACKS — GERBER, HEINZ BRANDS ONLY

Mixed	Oatmeal	Rice
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### CEREAL — SPECIFIED BRANDS ONLY, REGULAR FLAVOR UNLESS SPECIFIED

#### COLD CEREALS

##### Corn Biscuits/Crispy Corn:

Albertson's, Chex, Flavorite, Great Value, IGA, Safeway, Smith's or Western Family

**Corn Flakes:** Albertson's, Country, Flavorite, IGA, Kellogg's, Ralston, Safeway, Smith's, Total or Western Family

##### Corn Puffs/Silly Spheres:

Flavorite, Great Value, Kix Original, Ralston, Safeway, or Western Family

**Frosted Mini Wheat Biscuits:** (regular or bite size)—Albertson's, Flavorite, IGA, Kellogg's (no fruit filled), Ralston or Western Family

##### Honey Bunches of Oats

(Roasted or Almond) Albertson's, Flavorite, Great Value/Natures Grains, Post, or Western Family

**Life:** Regular Only

##### Rice Biscuits/Crispy Rice:

Albertson's, Chex, Flavorite, Great Value, IGA, Safeway, Smith's or Western Family

**Toasted Oats/Tasteos:** Albertson's, Cheerios Original, Cheerios Multi Grain Plus, Flavorite, Great Value, IGA, Malt-O-Meal, Ralston, Safeway, Smith/Kroger, Valley Fare or Western Family

##### Wheat Flakes:

Total Original, Wheaties Original

#### HOT CEREALS

##### CoCo Wheats

**Cream of Wheat:** One Minute (white), Two and One-half Minute (red) or Ten Minute (yellow)

**NO CEREAL IN INDIVIDUAL PACKETS**

### JUICE — VITAMIN C FORTIFIED — NO SUGAR ADDED

#### Frozen Concentrate (100% juice 11.5 - 12 oz.)

**Apple Juice**—Albertson's, Flavorite, IGA, Old Orchard, Safeway, Seneca (Red Label, Country Style or Granny Smith Only), Tree Top (Regular Only) or Western Family

**Apple Combination Juice** - Old Orchard (Apple-Kiwi-Strawberry)

**Grape Juice**—Albertson's, Old Orchard, Seneca, or Welch's (Gold Cap)

**Orange Juice**—Any Brand

**Orange Combination Juice**—Dole (Orange-Peach-Mango or Orange-Strawberry-Banana)

**Pineapple**—Dole

**Pineapple Citrus Combination Juice**—Dole (Pineapple-Orange-Strawberry)

**White Grape Juice**—Albertson's or Welch's (Gold Cap)

#### CONCENTRATED CANNED (100% Juice, 11.5 oz. container)

**Apple**— Welch's 100% Juice (JuiceMakers)

**Grape**—Welch's 100% Juice (JuiceMakers)

**White Grape**—Welch's 100% (JuiceMakers)

**NOTE: Individual-size servings may be purchased only if specified on the WIC check.**  
**NO JUICES WITH CALCIUM ADDED —**  
**NO JUICE DRINKS OR BEVERAGES**

#### Canned (100% juice - 46 oz. container)

**Apple Juice**—Albertson's, Seneca (Red Label), Texsun, Tree Top or Western Family

**Grape Juice**—Welch's (bright purple can)

**Orange Juice**—Any Brand

**Pineapple Juice**—Albertson's, Del Monte, Dole, Flavorite, IGA, Private Selection, Safeway or Western Family

**Tomato Juice**—Albertson's, Del Monte, Flavorite, IGA or Western Family  
**White Grape Juice**—Welch's (bright yellow can)

#### BOTTLED (100% Juice, 46 oz. size, plastic only)

**Apple** — Seneca (Red Label), Tree Top or Western Family

**Grape** — Welch's (purple cap)

**Vegetable Juice**— V-8 Original or V-8 Healthy Request

**White Grape**—Welch's (purple can)

#### LEGUMES — DRY BEANS/PEAS

Kidney beans

Lima beans (baby or large)

Navy beans

Pinto beans

Red beans ( small)

Split peas (green or yellow)

**NOTE: Canned beans may be purchased only if specified on the WIC check.**

### PEANUT BUTTER — 16 TO 18 OZ JAR ONLY

Unflavored smooth, chunky or natural

**NO JELLY OR HONEY ADDED, NO HONEY ROASTED**  
**NO REDUCED FAT PEANUT BUTTER SPREAD**

### TUNA — CANNED, WATER PACKED ONLY, 6 TO 6.25 OZ CANS

White (including Albacore) or light, solid or chunk

**NO "DIET" PACK**

### CARROTS — 16 OZ OR LESS PACKAGE/CONTAINER

Fresh (Regular or Baby)

Frozen (Cut, Whole or Baby)

Canned (Sliced, Diced, Whole or Baby)

**NO BUTTER, SAUCES, OR SEASONINGS**

New items or brands added to the list have been underlined.

Revised 07/02